

SURYA MANTRA



Surya Mantra

In Sanskrit

नमः सूर्याय शान्ताय सर्वरोग निवारिणे
आयु ररोग्य मैस्वैर्यं देहि देवः जगत्पते ॥

In English

“Namah Suryaya Shantaya Sarvaroga Nivaarine
Ayu rarogya maisvairyam dehi devah jagatpate”

Meaning: ‘O! Lord Surya, ruler of the universe, you are the remover of all diseases, the repository of peace. I bow to you and please bless your devotees with long life, health, and wealth.’

Benefit: To bask in the divine grace of the Sun God, this Mantra can be chanted. It is known to eradicate diseases from its roots and help develop the physical and mental endurance required to overcome all of life’s obstacles.

Surya, the chief of the Navagraha (the nine Classical planets) and important elements of Hindu astrology, is the main solar deity in Hinduism. He is often depicted riding a chariot harnessed by seven horses which might represent the seven colors of the rainbow or the seven chakras in the body. He is also the presiding deity of Sunday. The Sun God is shown with 4 hands, three of which are carrying a wheel, a conch-shell and a lotus respectively and the fourth is in the Abhay Mudra.

As the sunrise dispels that darkness of the worlds, Surya also removes the darkness of ignorance and bestows wisdom. Sun is said to be the embodiment of all knowledge.. Sun is called as Sarvati Sakshi Bhutam (The ever watching witness to every happening use). Surya is also known as the “pratyakshadaivam” – the only God visible every day. The Sun God is “Karma Sakshi”, who has eternal wisdom and knowledge. He is the Source of all life, and it is because of him that life exists. With the energy from his rays, life on Earth is sustained. Surya is believed to be a benevolent deity capable of healing sick people.